



# University Student Guide to COVID-19

UNIVERSITY OF SOUTH CAROLINA AIKEN

FALL 2020



# Crush COVID by... Using Face Coverings

Face coverings protect both the wearer and individuals you come in contact with.

At UofSC Aiken, you are required to wear a face covering in all classes and in other spaces designated with signs that indicate that masks or face coverings are required.

We are very serious about wearing Face coverings, and if students fail to wear them in designated areas, they will be asked to leave.

If you have a health condition that doesn't allow you to wear a mask, visit the Office of Disability Services for an alternative solution.

## Face Covering Do's and Don'ts:

### DO:



- ✓ Make sure you can breathe through it
- ✓ Wear it whenever going out in public
- ✓ Make sure it covers your nose and mouth
- ✓ Wash after using

### DON'T:

- ✗ Use if under two years old
- ✗ Use surgical masks or other PPE intended for healthcare workers



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

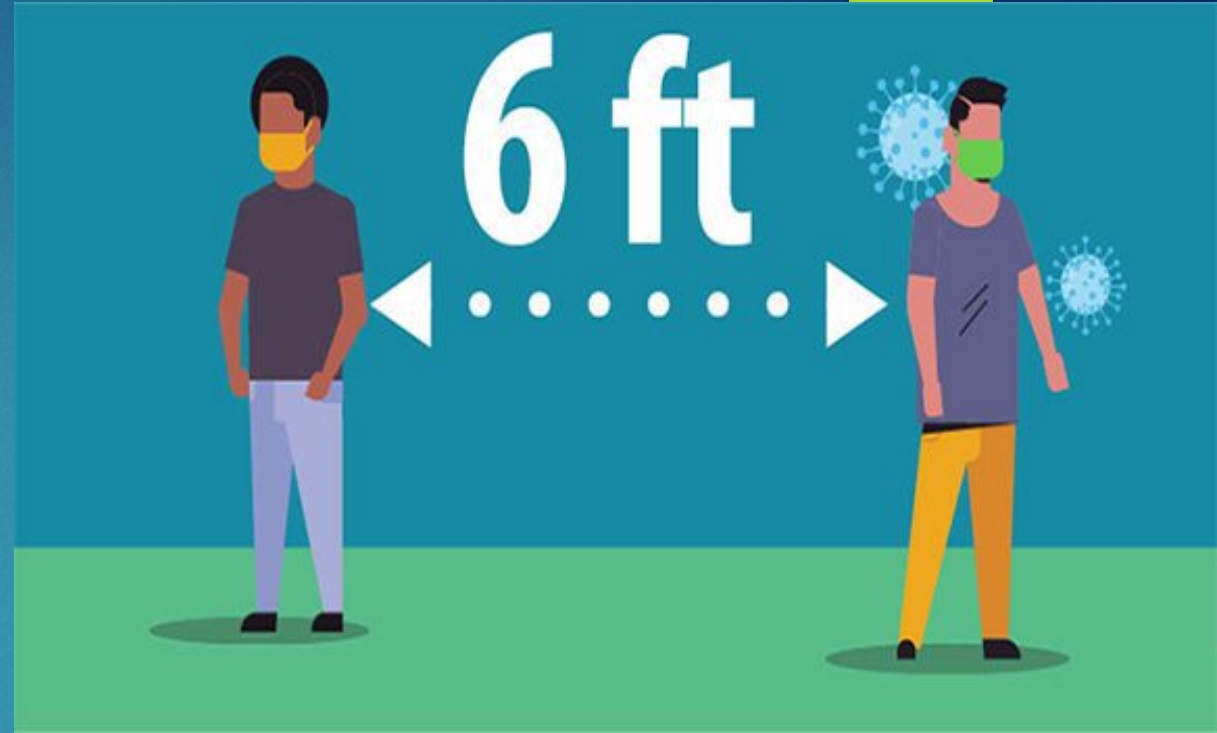


# Crush COVID by...

## Physical Distancing

### Avoid close contact

- Inside your home: Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.
- Outside your home: Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.





# Crush COVID by...

## Cleaning Your Hands Often

Key times to clean hands:

- Immediately after removing gloves and after contact with a person who is sick.
- After blowing one's nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)

Wash your hands often with soap and water for 20 seconds.

Hand sanitizer: If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.





# Crush COVID by...

## Monitoring Your Health Daily

You will be asked to take a few minutes each day to assess your health, including answering some questions and taking your temperature. While some people who have the virus show no symptoms at all, others experience one or more of the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea





# Do you think you may have #COVID19?

## STEPS TO TAKE

1. See your medical professional or go to the University's Health Center. In either case, call ahead before going to the doctor's office or health center.
2. Take precautions to protect yourself and others around you. Wear your mask, distance yourself from others.
3. Get the COVID-19 test to verify.
4. Follow instructions.
5. If the test is positive, isolate yourself. If you are living in housing, let them know. We may have you isolate in place or move you to the suite of rooms for isolation.
6. Contact the Student Health Center or contact the UofSC Aiken COVID-19 HOTLINE, so they can begin contact tracing if the test is positive.
7. If you are in quarantine on campus, we'll make sure you receive a check up call daily from the Student Health Center staff and if you have a meal plan, arrangements will be made to deliver your meals. You may be able to keep up with your classes from your room since many classrooms are now fitted with cameras. Contact your professor.

## CORONAVIRUS DISEASE 2019 (COVID-19)

Think you have **COVID-19**?



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



## What to do if you test positive...

If you are diagnosed with COVID-19, a public health worker may call you to check-in on your health, discuss who you've been in contact with, and ask where you spent time while you may have been infectious and able to spread COVID-19 to others. You will also be asked to stay at home and self-isolate, if you are not doing so already.



- Your name will not be revealed to those you may have exposed, even if they ask.
- Self-isolation means staying at home in a specific room away from other people and pets and using a separate bathroom, if possible.
- Self-isolation helps slow the spread of COVID-19 and can help keep your family, friends, neighbors, and others you may come in contact with healthy.



## What to do if you test positive...

If the test is positive and you are living in housing, let the Director know. We may have you isolate in place or move you to the suite of rooms for isolation.

Contact the Student Health Center, or the UofSC Aiken COVID-19 HOTLINE if the test is positive, so contact tracing can begin.

If you are in quarantine on campus, we'll make sure you receive a check up call daily from the Health Clinic staff and deliver your meals. You may be able to keep up with your classes from your room since many classrooms are now fitted with cameras. Contact your professor.

If you are sheltering in an apartment or at home and need support or assistance while self-isolating, your health department or community organizations may be able to provide assistance. Call Student Life at UofSC Aiken and we'll get you connected to the right agencies.

If your symptoms become worse or more severe contact your medical professional or the UofSC Aiken Health clinic. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.







**UofSC Aiken COVID-19 HOTLINE**  
**803-641-3271**

**COVID-Hotline@usca.edu**



If it is thought that you were exposed to the virus, Contact Tracers may call to advise you.

**Answer the call!**

CONTACT TRACING SLOWS THE SPREAD OF COVID-19



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)



# Who is Contacted?

- For COVID-19, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.
- Typically, if both the infected person and the contact are taking precautions by wearing a face covering and staying physically distanced by at least six feet, then contacts may be considered secondary contacts and will be asked to monitor their health for the next 3-14 days.

## CONTACT TRACING SLOWS THE SPREAD OF COVID-19





# Clean your home, apartment, or Residence Hall Room Frequently



## Clean:

- Wear reusable or disposable gloves for routine cleaning and disinfection.
- Clean surfaces using soap and water, then use disinfectant.
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- Practice routine cleaning of frequently touched surfaces. High touch surfaces include: ◦ Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc. Clorox wipes work well!

## Disinfect:

- Recommend use of EPA-registered household disinfectants (List is available at [cdc.gov](https://www.cdc.gov)).
- Follow the instructions on the label to ensure safe and effective use of the product. Read EPA's infographic on how to use these disinfectant product safely and effectively.
- Many products recommend keeping surface wet for a period of time (see product label).

## Note:

Precautions such as wearing gloves and making sure you have good ventilation during use of the product may be recommended.

For more information see: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>



# Special Considerations

Older adults & ppl w/ serious underlying medical conditions like chronic lung disease or serious heart conditions are at higher risk for severe illness from COVID-19. Learn ways to support older adults in your family.

For more information, see...  
<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>



**CDC.gov/COVID19**

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# Special Considerations

It is believed that animals, including some pets, can get COVID-19 and can pass it to humans and other animals.

**Learn more at:**

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/animals.html>



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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